

2001 California Dietary Practices Survey

Table 78: Main Reasons For Not Being More Physically Active

Question: What is the main reason that you are not more physically active (choose one)?

	Percent			
	Exercise Enough	Too Busy	Lack Self-Motivation	Other
Total	19	42	12	27
Sex				
Males	22	43	11	24
Females	16	41	12	31
Males				
18 - 24	19	61	10	9
25 - 34	18	57	16	10
35 - 50	21	47	11	21
51 - 64	24	28	10	38
65+	27	11	7	55
Females				
18 - 24	16	54	14	16
25 - 34	10	64	9	17
35 - 50	17	46	13	24
51 - 64	18	28	16	38
65+	23	7	10	60
Ethnicity				
White	18	40	13	28
Hispanic	21	47	7	24
Black	19	38	14	28
Asian/ Pacific Islander	19	43	20	18
Education				
Less than high school	14	40	9	37
High school graduate	21	35	12	31
Some college	19	42	12	27
College graduate	18	49	12	20
Income				
Less than \$15,000	14	30	10	46
\$15,000 - 24,999	21	37	10	32
\$25,000 - 34,999	22	49	9	20
\$35,000 - 49,999	23	45	14	18
\$50,000+	16	54	13	17
Physically Active				
Did not meet recommendations	13	40	14	34
Met recommendations	27	45	9	19
Overweight Status				
Overweight/Obese	16	43	12	30
Not overweight	22	42	12	24

A box around a group of numbers signifies that differences observed within this group are statistically significant

Chi Square test

* p<.05

** p<.01

*** p<.001